

Schools: 98% 49 of the 50 sampled schools participated.

Students: 86% 2,307 of the 2,687 sampled students completed usable questionnaires

Overall response rate: 98% *85.86% = 84.14%

6. Results:

Table 1: Percent of students who use tobacco, Nepal GYTS, 2000

Category	Ever Used Tobacco in any form even once	Current Use					
		Any tobacco Product	Any Smoked Product	Smokeless Products	Cigarette	bidi	Gutkha/ Pan masala
Total	16.3 (±4.2)	11.6 (±3.1)	7.2 (±2.6)	9.3 (±2.5)	4.1 (±1.4)	2.0 (±0.8)	6.6 (±2.0)
Sex							
Male	22.5 (±4.7)	15.3 (±3.7)	9.9 (±3.2)	11.8 (±2.8)	6.3 (±2.2)	2.8 (±1.3)	9.0 (±2.5)
Female	7.9 (±4.4)	6.4 (±3.6)	3.2 (±2.8)	5.6 (±3.5)	0.6 (±0.4)	0.6 (±0.6)	2.9 (±2.1)

Overall 16.3 percent of the student ever used tobacco product in any form (table 1), the boys were significantly higher than girls. Percentage, of current users of any form of tobacco product is 11.6 percent, however the rate in the boys was significantly higher (15.3%) as compared to girls (6.4%). Use of smokeless tobacco product was slightly greater than use of smoking product but the difference is insignificant. The overall percentage of cigarette smokers was 4.1, boys 6.3 % and girls 0.6 %, the difference is statistically significant.

Table 2: School Curriculum, Nepal GYTS, 2000

Category	Percent taught dangers of smoking or chewing tobacco	Percent discussed reasons why people their age smoke or chew	Percent taught the effects of tobacco use in class	Percent discussed tobacco and health as part of a lesson in class
Total	77.7 (± 4.0)	55.0 (±3.8)	74.4 (±3.0)	74.3 (±3.5)
Sex				
Male	74.5 (±4.9)	50.1 (±4.3)	69.8 (±4.2)	69.9 (±4.2)
Female	82.2 (±3.7)	61.5 (±4.8)	80.4 (±3.2)	80.5 (±3.8)

About three fourth (77.7%) of the students were taught about the danger of smoking, its effect and discussed tobacco and health as a part of lesson in the class (Table 2). About half of them (55%) also discussed reasons why people of their age smoke or chew which is significantly different between the boys (50.1%) and girls (61.5 %).

Table 3: Cessation, Nepal GYTS, 2000

Category	Current Smokers	
	Percent desire to stop	Percent tried to stop this year
Total	76.8 (± 12.4)	77.7 (± 10.1)
Sex		
Male	83.7 (± 8.6)	79.7 (± 9.6)
Female	*	*

* = <35 cases in the denominator

More than three fourth (76.8%) of the current smokers expressed their desire and also made an attempt (77.7%) to stop tobacco use (Table3).

Table 4: Environmental Tobacco Smoke, Nepal GYTS, 2000

Category	Exposed to smoke from others in their home in the past 7 days		Exposed to smoke from others outside their home in the past 7 days		Percent who think smoking should be banned from public places		Percent who definitely think smoke from others is harmful to them	
	Never Smoker	Current Smoker	Never Smoker	Current Smoker	Never Smoker	Current Smoker	Never Smoker	Current Smoker
Total	35.8 (± 2.9)	53.6 (± 10.0)	44.7 (± 3.9)	63.8 (± 10.6)	72.9 (± 4.1)	59.7 (± 7.9)	77.6 (± 4.0)	48.4 (± 16.3)
Sex								
Male	39.1 (± 3.6)	60.3 (± 10.1)	50.2 (± 4.5)	71.5 (± 9.4)	75.4 (± 3.3)	62.3 (± 9.3)	76.0 (± 5.1)	53.3 (± 13.2)
Female	31.5 (± 4.2)	*	38.1 (± 5.6)	*	69.7 (± 6.1)	*	79.6 (± 3.6)	*

* = <35 cases in the denominator

A little more than one third (35.8%) of those who never smoked were exposed to smoke from others in their home in the past 7 days where as half (53.6%) of current smokers were exposed to it (table 4). A substantial proportion of non-smoker (44.7) and current smoker (63.8%) were exposed to tobacco smoke from others outside their home in the paste 7 days. Boys who never smoked were significantly highly exposed to secondhand smoke than girls.

Three fourth (77.6%) of the never smokers and nearly half (48.4%) of the current smokers think that smoking from others is definitely harmful to their health and 72.9% and 59.7 % think that the smoking should be banned from public places.

Table 5a: Knowledge and Attitudes, Nepal GYTS, 2002

Cat .	Think boys who smoke have more friends			Think girls who smoke have more friends			Think boys who chew have more friends			Think girls who chew have more friends		
	Never user of tobacco	Current Smoker	Current Smokeless	Never user of tobacco	Current Smoker	Current Smokeless	Never user of tobacco	Current Smoker	Current Smokeless	Never user of tobacco	Current Smoker	Current Smokeless
Total	35.3 (±4.4)	48.3 (±8.8)	44.1 (±7.6)	22.4 (±3.6)	32.6 (±6.8)	30.3 (±6.8)	33.1 (±4.2)	38.9 (±9.2)	35.9 (±7.8)	20.5 (±3.2)	33.8 (±7.5)	30.4 (±6.7)
Sex												
Male	35.4 (±4.0)	53.6 (±9.2)	47.2 (±9.3)	26.1 (±4.4)	31.6 (±6.6)	30.9 (±7.4)	33.0 (±4.0)	41.2 (±9.8)	37.7 (±7.4)	22.4 (±4.5)	31.1 (±8.7)	30.5 (±8.7)
Female	34.8 (±6.3)	*	*	18.2 (±4.6)	*	*	33.1 (±6.2)	*	*	18.3 (±3.7)	*	*

* = <35 cases in the denominator

More than one third (35.3%) never users and almost half (48.3%) of current smoker think boys who smoke have more friends (Table 5a). Similarly one fifth (22.4%) of never users and one-third (32.6%) of current smokers think girls who smoke have more friends.

Think smoking makes boys look more attractive			Think smoking makes girls look more attractive		
Never user of tobacco	Current Smoker	Current Smokeless	Never user of tobacco	Current Smoker	Current Smokeless
25.6 (±4.6)	31.2 (±9.4)	31.0 (±8.8)	15.5 (2.8)	24.3 (±6.7)	20.0 (±6.8)
26.0 (±5.0)	32.6 (±9.4)	32.0 (±8.7)	19.7 (3.3)	25.0 (±8.6)	22.7 (±8.3)
24.6 (±5.3)	*	26.9 (±14.2)	11.0 (2.8)	*	13.7 (±8.7)

Table 5b: Knowledge and Attitudes, Nepal GYTS, 2002

* = <35 cases in the denominator

One quarter (25.6%) of never users of tobacco and nearly one third (31.2%) of current smokers and users of smokeless tobacco think that smoking makes boys look more attractive (Table 5b). Consistently, lower proportion i.e. 22.9%, 24.3%, and 20% of them think that smoking makes girl look more attractive however the values are not significant. But higher proportions of boys who currently chew tobacco (22.7%) think that smoker girls look more attractive where as only (13.7%) girls think so. The difference is significant.

Table 6a: Media and Advertising – Nepal GYTS, 2000

Category	Percent offered a free cigarette or bidi or khaini or guta or pan masala by a tobacco company				
	Never Tobacco User	Current Smoker	Current Cig. Smoker	Current Bidi	Current Smokeless
Total	1.8 (±2.9)	30.0 (±11.4)	21.5 (±10.3)	21.9 (±13.6)	25.7 (±11.5)
Sex					
Male	4.9 (±3.9)	26.2 (±8.4)	23.2 (±10.7)	24.3 (±14.8)	25.6 (±8.7)
Female	0.1 (±3.2)	*	*	*	24.4 (±29.5)

* = <35 cases in the denominator

Nearly one-third (30%) of current smokers have ever received free offer of cigarette or bidi or khaini gutka or panmasala from tobacco agents (Table 6a). Tobacco users were significantly more likely to get free gifts. Out of non-users of tobacco products, the boys were more likely to get free offers (14.9%) as compared to the girls (8.1%), however the difference is not significant.

Table 6b: Media and Advertising – Nepal GYTS, 2000

Seen a lot of advertisement and media messages about cigarettes bidi or khaini or guta or pan masala on:							
TV		Print Media		Newspapers/Magazines		Social gatherings	
Never Tobacco User	Current Smoker	Never Tobacco User	Current Smoker	Never Tobacco User	Current Smoker	Never Tobacco User	Current Smoker
35.4 (±3.8)	45.1 (±9.0)	44.0 (±3.5)	51.2 (±7.8)	41.0 (±3.7)	51.3 (±8.4)	37.9 (±3.5)	45.8 (±12.5)
34.4 (±6.0)	42.5 (±10.2)	45.7 (±4.5)	51.0 (±8.6)	41.7 (±4.7)	48.5 (±8.1)	36.8 (±3.9)	43.2 (±11.5)
36.4 (±5.5)	*	42.3 (±4.6)	*	40.1 (±4.4)	*	38.9 (±5.4)	*

* = <35 cases in the denominator

More than one-third (35.4%, 44.0%, 41.0% and 37.9%) of never tobacco users were exposed to tobacco advertisement on TV, print media, newspaper/magazine and social gatherings, respectively (Table 6b). Half of the current smokers were exposed to these pro-tobacco media advertisements i.e. 45.1%, 51.2%, 51.3% and 45.8% respectively. Non-tobacco user boys and girls were almost equally exposed to it, however the gender difference of exposure to pro-tobacco media by the current smokers could not be determined due to the small sample size in these strata. Further study is needed.

Table7: Access and Availability, Nepal GYTS, 2000

Category	Percent of Current Smokers who Usually Smoke at Home	Percent of Current Smokeless tobacco users who chew/apply tobacco at home	Percent of Current tobacco users who Purchased tobacco products in a Store	Percent of Current tobacco users who Bought tobacco in a Store Who Were Not Refused purchase Because of Their Age
Total	8.2 (±5.3)	15.1 (±6.9)	51.3 (±8.1)	75.0 (±12.5)
Sex				
Male	7.6 (±5.1)	10.5 (±5.9)	57.0 (±7.6)	76.1 (±11.7)
Female	*	*	26.3 (±18.5)	*

* Cells having less than 35 in the denominator

Approximately one in ten (8.2%) of the current smoker students usually smoke at home where as nearly one in six (15.1%) of them are using smokeless tobacco at home (Table 7). More than half (51.3%) of the current tobacco users purchased tobacco products in a store and 75% of them were not refused purchase because of their age. Girls were less likely to purchase tobacco products in a store (57.0% vs. 26.3%), the difference is significant.

7. Discussion

The prevalence including attitudinal and behavioral aspects of tobacco smoking habit has been studied in a limited way in some countries^{2,3} including Nepal in the past but no uniform and standardized criteria have been used to make the results strictly comparable. The GYTS is unique in the sense that this is done uniformly and using rigorous methodology in a global context. This has already given some valuable data to plan effective tobacco control program. It is a well-known fact that tobacco smoking starts in the young and the industry is targeting this age group all over the world to hook them with nicotine addiction. So, we have to take this problem very seriously and plan an anti-tobacco program with special focus on youth. From our findings of Nepal survey we would like to comment on the followings:

Tobacco use: The rate of use of tobacco use in young is still not that high as compared to some areas of some of the developing countries. The current smoking rate for girls is significantly lower than that of the boys. This should not lead to any complacency, as the industry is specially focusing on young girls for their promotional activities all over the world. As a result although the smoking rate in most developed countries are coming down, the rate in young girls in some of them have started increasing. So, we should give special attention to female young smokers to see that the rate do not rise with the ultimate objective being, to bring the rate down to zero.